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Famous friends we lost in 2009

Metro will not be publishing over the holidays. The next edition will appear Jan. 4, 2010.

PHOTOS BY THE CANADIAN PRESS

Images of the decade: Michael Jackson (clockwise from top left), Canadian troops in Afghanistan, the global economic collapse and the Sept. 11 terror attacks.

Defining a difficult decade

Was it the decade when bankers' greed caused a worldwide financial meltdown, or will it be terrorism or technology that people associate with the first 10 years of the 21st century?

Opinions vary, with authors, journalists, comedians and futurists zeroing in on different facets of this decade. But most agree the era is more likely to be remembered as a toxic time than a golden age.

"I will remember it as a frightening decade," said Linden MacIntyre, longtime CBC journalist and 2009 winner of the Giller Prize, the country's top literary award.

The United States set the pessimistic tone early on and led the way on most of the issues that shaped the period, MacIntyre said.

The outcome of the 2000 election was controversial — George W. Bush won, but acrimony lingered — and the Sept. 11, 2001, terrorist attacks against the U.S. proved to be a turning point. MacIntyre said 9-11 and the international reaction sparked a climate of fear that would persist for years to come.

It's a view shared by comedian Rick Mercer, who strove to give Canadians a break from the unrelenting negativity through his blistering political and social satire.

Calling the decade a time that people would "rather forget," Mercer said the paranoia that followed 9-11 was eventually succeeded by anxiety over the foundering global economy.

In Canada, the emergence of a strengthened Conservative party, coupled with the Liberals' waning fortunes, led to three successive minority governments that highlighted national tensions.

"Elections every year and a half, that's great for my business," said Mercer. "If you view politics as people view sports, elections are like the Super Bowl, and I want one every year."

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Trial, trade and transit: Looking back at 2009

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The trial and tribulations of Mayor Larry O'Brien; a killer flu; transit and cycling chaos; a plan for the park; and a disgruntled Senator fed to the Sharks were the big stories for Ottawa in 2009.

The year began with Ottawa residents trudging through the snow and carpooling to work while a transit strike that started on Dec. 11 extended through January.

The threat of action from the federal government eventually forced the city and the Amalgamated Transit Union to accept binding arbitration on Jan. 29, with service taking until April to return to normal.

After a dreadful start to the season, the Ottawa Senators fired head coach Craig Hartsburg on Feb. 2 and replaced him with Cory Clouston, head coach of the AHL affiliate team in Binghamton. The Senators missed the playoffs for the first time since the 1995-96 season, but Clouston had the team playing well enough that he was brought back for another season.

On May 1, Mayor Larry O'Brien took a leave of absence to stand trial on two criminal code charges stemming from allegations that he attempted to secure a position on the National Parole Board for Terry Kilrea, in exchange for Kilrea dropping out of the 2006 mayoral campaign. Ontario Superior Court Chief Justice Douglas Cunningham dismissed the charges against him on Aug. 5.

TRACEY TONG/METRO OTTAWA

Ottawa residents and Olympic torchbearers Cindy Wendler and Mark Tremblay pose with the torch at Parliament Hill Dec. 7. Wendler and Tremblay, who ran with the torch when it came through the National Capital Region, were thrilled that regular citizens had the opportunity to take part.

On June 10, citing a diminishing role within the team, Senators forward Dany Heatley handed general manager Bryan Murray a list of cities where he would like to be traded. He was sent to the San Jose Sharks on Sept. 13 for Milan Michalek and Jonathan Cheechoo.

It was also a bad year for cyclists. On July 19, Hilary McNamee, Rob Harland, Mark White, Cathy Anderson and Robert Wein were struck by a minivan while cycling on March Road in Kanata. Sommit Luangpakham was charged with five counts of failing to stop at the scene of an accident causing bodily harm.

One of the biggest issues in the city was Lansdowne Park. On April 22, city council voted to enter into a sole-source negotiation with the Ottawa Sports and Entertainment Group to redevelop Lansdowne Park, which put an end to a bid from Senators Sports and Entertainment to build a stadium beside Scotiabank Place that would house a Major League Soccer team.

On Sept. 2, the city unveiled a $250-million Lansdowne Partnership plan to reshape Lansdowne Park.

On Sept. 10, Mayor Larry O'Brien announced Jasmine MacDonnell, former aide to Natural Resources Minister Lisa Raitt, was hired as his communications director.

The H1N1 virus, also known as swine flu, also made big news. The first case of was confirmed in Ottawa on May 5, and on Oct. 26 the city rolled out its first vaccines. Six people died during the second wave of the flu.

Plenty to do around town during winter

TRACEY TONG
tracey.tong@metronews.ca

ACTIVITIES Whether you're fortunate enough to have time off this holiday season or are trying to squeeze as many activities into your weekends as possible, there are tons of activities competing for your time this winter.

Tourists and locals alike will want to take some time to appreciate all that Gatineau Park has to offer. Whether or not there's snow on the ground, there's something to do.

According to the National Capital Commission website, there are 10 kilometres of trails compacted once a week for winter hiking, including the Sugarbush Trail, Lauriault Trail, and two other trails near downtown Gatineau.

Looking for something a bit different from hiking, but with a small learning curve? Gatineau Park also offers 45.5 kilometres of trails especially for snowshoers, with two easy routes accessible from the visitor centre, where snowshoes for adults and children, as well as baby and luggage gliders, can conveniently be rented.

For longer and more challenging snowshoe routes, visit Meech Lake and Philippe Lake.

Cross-country skiing, of course, is huge in this area, and for good reason – with 200 kilometres of trails, all maintained with the latest technology, marked for difficulty and allowing great views of wildlife and even bodies of water – Gatineau Park's network of ski trails are considered one of the greatest in North America.

If you're looking for something even closer to home, Ottawa has dozens of toboggan hills. The more popular (translation: large) ones are located at Mooney's Bay, Vincent Massey Park, Walter Baker Park, the Arboretum, Bruce Pit, Conroy Pit and the Green's Creek Conservation Area in Ottawa and Lac des Fees in Gatineau.

While the Rideau Canal Skateway doesn't typically open until January, there's no need for skaters to wait on the sidelines. The city has more than two dozen indoor and outdoor arenas. For locations and hours, visit the City of Ottawa website at ottawa.ca and follow the links.

Ottawa also has scores of world-class museums and galleries. Check websites for the Canadian Museum of Nature, the Canadian Museum of Civilization, the Canadian War Museum, the National Gallery of Canada and the Canada Science and Technology Museum.

Holiday activities

Fun events to do over the Christmas break

• **A Christmas Carol** This is final performance of the NAC English Theatre's production of Charles Dickens' cherished holiday story, A Christmas Carol. Dec. 26, 2 p.m. The National Arts Centre.

• **Christmas Lights Across Canada** Canada's Capital comes alive with over 300,000 dazzling Christmas lights. One of the most significant achievements of this program is the way it brings Canadians together and links the capital region with Canada's 13 provinces and territories. Nightly, 5 p.m. to 1 a.m. through Jan. 7, 2010, Parliament Hill.

• **Mamma Mia** The ultimate feel-good show that has audiences coming back again and again combines ABBA's greatest hits with an enchanting tale of love, laughter and friendship. Dec. 29 to Jan. 3, The National Arts Centre.

• **New Year's Eve dinner and show with the music group Les Monocles** A tradition has been launched and it will be swinging again this year at MIFO. On the menu: traditional music as well as good fun. Dec. 30, 8 p.m., Orleans Cultural Centre, 6600 Carrière St.

• **Celebrate New Year's Eve with Geggie and Guests** Geggie and Guests features John Geggie on the double bass, the vocals of Tena Palmer, teller Paul Rainville, Mark Ferguson on the piano and Charles Gay on the drums. Dec. 31, 8 p.m. The National Arts Centre's Fourth Stage

• **First Annual New Year's Eve Salsa Marathon** Come celebrate the New Year at the only salseros community gathering in Ottawa-Gatineau. The only 100 per cent salsa, cha-cha, bachata and merengue New Year's Eve party in town. Dec. 31, 9 p.m. All Saints' Anglican Church, 317 Chapel St.

• **The Girlfriends** Rock group The Girlfriends play a free concert. Dec. 28, Zaphod Beeblebrox.

• **The Flying Canoe** In conjunction with the special exhibition Profit and Ambition: The Canadian Fur Trade, this is an exciting holiday tale about a group of voyageurs, and their dramatic journey home in a birchbark canoe on a long-ago New Year's Eve. Four shows daily from Dec. 27 to 30. Canadian Museum of Civilization's Special Exhibitions Gallery E

• **Bell Capital Cup** The Bell Sensplex and various hockey rinks around the city. This is the world's largest hockey tournament, with 485 teams set to compete for the Holy Grail of Minor Hockey. Dec. 30 to Jan. 3.

• **Alight at Night** More than 250,000 lights adorn this historic site. Enjoy horse-drawn wagon rides, shop at the Village Store and dine at the Harvest Barn. Upper Canada Village, Morrisburg, until Jan. 3.

• **Bits n' Bots** Get charged up about robots and explore the science of robotics. Until Jan. 3. The Canada Science and Technology Museum.

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Canada/World

The stories that shaped 2009

Year in Review

A look back at the top national and international news events of 2009:

JANUARY

15 — US Airways jet crash lands in Hudson River in New York City; all 155 on board survive and pilot Chesley Sullenberger is hailed as hero.

20 — Barack Obama is sworn in as U.S. president.

27 — Minority Conservative government delivers budget promising $40 billion in economic stimulus over two years.

FEBRUARY

9 — Syncrude Canada is charged with breaking environmental laws in the deaths of hundreds of waterfowl at tailing pond near Fort McMurray, Alta.

17 — Obama signs into law $787-billion US stimulus package.

MARCH

5 — Vincent Li is found not criminally responsible for beheading passenger on Greyhound bus in August 2008.

19 — Josef Fritzl of Austria, who locked his daughter in a dungeon for 24 years and fathered her seven children, is sentenced to life in a psychiatric ward.

APRIL

6 — Earthquake devastates Abruzzo region of central Italy, killing nearly 300 people.

20 — Tens of thousands of civilians flee Sri Lanka's northern war zone ahead of the government's deadline for Tamil militants to surrender.

30 — About 1,200 Halifax-area residents evacuated by brush fire.

CARLOS OSORIO/TORSTAR NEWS SERVICE

April 29 — A girl is seen outside Mexico's National Institute of Respiratory Diseases after being checked for H1N1. Canada reported its first confirmed cases three days earlier.

Oct. 15 — Authorities chase balloon for 80 kilometres after parents of six-year-old boy said he was inside; the drama turned out to be a hoax.

MAY

2 — Michael Ignatieff formally claims the Liberal leadership.

8 — Health authorities confirm Canada's first H1N1 death, a woman in northern Alberta.

20 — Two Woodstock, Ont., residents are charged in the death of Tori Stafford, 8; her body was found on July 19.

25 — Gov. Gen. Michaëlle Jean eats a piece of raw seal heart in Arctic. North Korea reports it successfully conducted an underground nuclear test.

JUNE

1 — General Motors files for Chapter 11 bankruptcy protection in U.S.

11 — WHO declares H1N1 flu outbreak a pandemic.

12 — Iranians vote in presidential election that sparks massive protests.

22 — About 24,000 municipal workers in Toronto go on strike.

29 — Bernard Madoff is sentenced to 150 years behind bars for defrauding investors.

JULY

3 — Former Republican U.S. vice-presidential candidate Sarah Palin quits as Alaska's governor.

8 — Chinese troops swarm the capital of western Xinjiang after ethnic riots leave at least 156 dead.

14 — Canada slaps visa requirements on citizens of Mexico and Czech Republic, citing surge in refugee claims.

30 — Cpl. Matthew Wilcox found guilty in the shooting of a fellow soldier.

AUGUST

7 — Settlement announced in class-action lawsuit filed over abuse by priests in Nova Scotia since 1950.

20 — Millions vote in Afghanistan's first democratic presidential election run by Afghans in decades.

SEPTEMBER

7 — Three British Muslim extremists are convicted of 2006 conspiracy to blow up airliners bound for U.S. and Canada using liquid explosives.

26 — Director Roman Polanski is arrested in Switzerland on a 1978 warrant for having sex with a 13-year-old girl.

OCTOBER

9 — President Obama is awarded Nobel Peace Prize.

22 — Quebec government announces police investigation into allegations of corruption in province's construction industry.

26 — Most provinces and territories begin offering H1N1 flu shots.

29 — Quebec and New Brunswick reach deal for Hydro-Quebec to buy majority of N.B. Power's assets for $4.8 billion.

NOVEMBER

2 — Afghan President Hamid Karzai is declared the victor of country's disputed election.

5 — Thirteen people are killed in shooting at Fort Hood, Texas, military base.

7 — U.S. House of Representatives narrowly passes landmark health-care reform bill.

18 — Former Canadian diplomat Richard Colvin tells Commons committee that prisoners were likely tortured after being handed by Canada to Afghan authorities in 2006-07.

25 — Canadian journalist Amanda Lindhout and an Australian colleague are freed 15 months after they were abducted in Somalia.

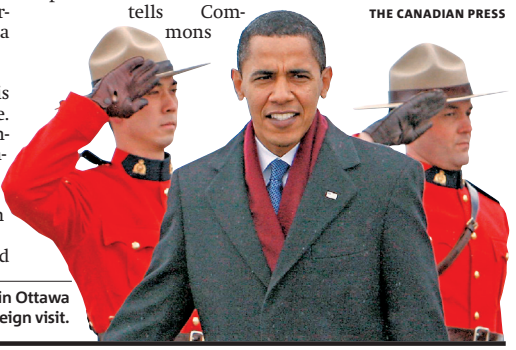
DECEMBER

1 — President Obama orders 30,000 more U.S. troops to be deployed in Afghanistan.

7 — UN conference on climate change gets underway in Copenhagen.

9 — MPs vote in favour of harmonized sales tax for Ontario and B.C.

THE CANADIAN PRESS



Feb. 19 — Barack Obama is in Ottawa on his first official foreign visit.

Remembering the fallen

Canadian soldiers who gave their lives in Afghanistan this year

- Trooper Brian Good
- Sapper Sean Greenfield
- Warrant Officer Dennis Raymond Brown
- Cpl. Dany Olivier Fortin
- Cpl. Kenneth Chad O'Quinn
- Trooper Marc Diab
- Master-Cpl. Scott Vernelli
- Cpl. Tyler Crooks
- Trooper Jack Bouthillier
- Trooper Corey Joseph Hayes
- Trooper Karine Blais
- Private Alexandre Peloquin
- Cpl. Nicholas Bulger
- Master Cpl. Charles-Philippe Michaud
- Master Cpl. Patrice Audet
- Cpl. Martin Joannette
- Pte. Sebastien Courcy
- Sapper Matthieu Allard
- Cpl. Christian Bobbitt
- Cpl. Darby Morin
- Major Yannick Pepin
- Cpl. Jean-Francois Drouin
- Pte. Patrick Lormand
- Pte. Jonathan Couturier
- Lt. Justin Boyes
- Sapper Steven Marshall

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Comment

Harper machine remains well-oiled

NationalReport
Lawrence Martin
metronews.ca/nationalreport

The recession never became a depression. We didn't have an election. Another Liberal leader was eaten alive. The Harper machine solidified its grip. The hope of never again going into deficit died a mighty death.

But the year couldn't compare to the hurly-burly of 2008, which featured the re-election of the Conservatives and their subsequent brush with death when a coalition almost ousted them. In 2009, we had lots of noise, lots of election threats, but no big change in the political standings.

There was some expectation that the ideological transition in the United States would trigger a liberal trend north of the border, but the Obama effect never came to pass. The young in this country stayed turned off and tuned out of politics, which depressingly has become a game for only the middle-aged and old folk.

The year began auspiciously for Michael Ignatieff, who replaced the wobbly Stéphane Dion. For the first half of 2009 he appeared capable of unseating Stephen Harper. But the tide began to turn against him when he put in a listless summer. He then made the disastrous mistake of trying to force an election without giving the voter any compelling reason, in terms of new policy initiatives, for doing so. His support level collapsed to levels Dion had not even reached.

Stephen Harper

The Conservatives, meanwhile, became heavy-spending Keynesians, combatting the recession with old-time liberal religion. Recessions usually give life to the political left, but the Greens were unable to increase their support while the NDP made few gains.

Harper maintained his image as a shrewd and crude political strategist, using every trick to smear his rivals and block them from legitimate avenues of inquiry. He then turned the tables on his image as a cold, calculating leader by taking to the stage to perform a piano-and-song rendition of a Beatles number. It was a media sensation.

By year's end problems were accumulating for the Conservatives. Their inaction on global warming was denounced at home and abroad. The Afghanistan detainees affair saw them trying to fight off charges of a coverup. And having promised no deficits 13 months earlier, their books were now forecasting a whopping deficit of $60 billion.

Nevertheless, with the Opposition Liberals still appearing rather hapless, the Conservatives were well in command to begin their fifth year as a minority government. Minorities aren't supposed to last so long. Stephen Harper was defying the odds.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Hot issues for the year that lies ahead

TheWestView
Paul Sullivan
metronews.ca/thewestview

It's that time of year again, when columnists are faced with two choices: Look back and pick the top stories or events that shaped the year just passed, or look ahead and predict what's coming down the pike.

The former is safer ground. That stuff actually happened. But it's more fun lurching into the future, and why worry? No one ever remembers if you're right or wrong.

So onward! Here are Sullivan's Fearless Predictions for 2010! Guaranteed to come true!

Or not.

• Canada will get off the snide and actually win a few Olympic gold medals on home turf in Vancouver. But not as many as we like. When the women's curling favourite is someone called Binyu Wang, it's clear the rest of the world is learning how to play in the snow, too.

• Tiger Woods will be a lonely guy in 2010. And worth half as much. He may be the athlete of the decade, but that doesn't cut any ice at home. He had it all, but wanted more. The upside? He will have more time for golf with the ex-wife and kids barricaded on an island in Sweden. So he'll be playing the field, and by that I mean other guys in plaid pants.

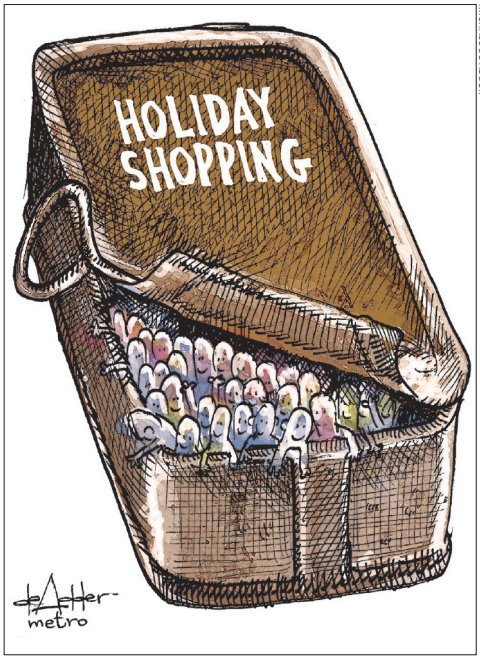
• Greed is not so good: The price of gold will go below $1,000 US an ounce. I love this quote from Warren Buffett, the second richest man in America: "Gold gets dug out of the ground in Africa, or someplace. Then we melt it down, dig another hole, bury it again and pay people to stand around guarding it. It has no utility. Anyone watching from Mars would be scratching their head."

• Stephen Harper will still be prime minister this time next year unless a miracle occurs and Michael Ignatieff gets his head out of his, um … book. But Harper should keep an eye on Jean Charest. As they say about New York, if you can make it in Quebec, you can make it anywhere.

• Global Warning. Not a typo. The British Met office predicts 2010 will be the hottest year ever, hotter than 1998. Glaciers will continue to melt. Oceans will continue to rise. Deniers will continue to deny. But you better hurry and book that Florida vacation — if this keeps up, 50 per cent of its beaches will be underwater.

• We will not find other life in the universe in 2010. Wouldn't it be weird if we're the only ones? It would serve us right.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



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Sports

AP athletes of the year for '09

JIMMIE JOHNSON

There was little recognition outside the racing world when Jimmie Johnson won his first NASCAR championship.

Same with his second, and again with his third.

But four straight championships? That's a different story.

Johnson, the first driver in NASCAR history to win four consecutive titles, earned mainstream recognition this week when he was honoured as the Male Athlete of the Year by members of The Associated Press.

Johnson received 42 votes from editors at U.S. newspapers which are members of the AP. Tennis star Roger Federer (30 votes) and Olympic sprinter Usain Bolt (29) were the only other athletes with totals in the double-digits.

Although Tiger Woods was named Athlete of the Decade, the golfer received only nine votes for Athlete of the Year. He was tied with NBA star Kobe Bryant and slugger Albert Pujols.

For Johnson, the first racecar driver to be named the AP's Athlete of the Year in its 78-year history, the award is the validation he's been waiting for since he began his historic run in 2006.

"We'd been wondering the last few years, 'When is this going to hit?'" he said.

"It seems like the answer is now. The wave is finally peaking, and we don't know where it's going to take us.

"The fourth-straight title takes it out of our sport and makes it a point of discussion — like, 'Wow, a race car driver won this thing.'"

The 34-year-old Californian again schooled the competition, winning four of his seven races.

Jimmie Johnson is the first driver in NASCAR history to win four straight titles.

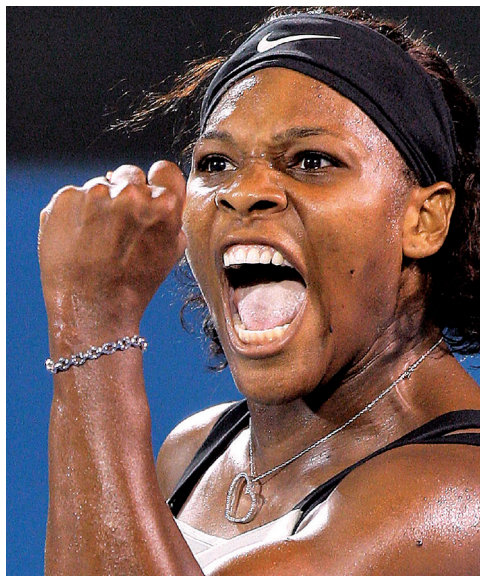
SERENA WILLIAMS

Playing her best at the most important events, American Serena Williams re-established herself as the top player in women's tennis in 2009 and was a landslide choice as Female Athlete of the Year by members of The Associated Press.

Williams received 66-of-158 votes cast by editors at U.S. newspapers that are members of the AP. No other candidate got more than 18 votes in the tally, which was announced this week.

Clearly, Williams' most infamous on-court episode — a tirade directed at a line judge after a foot-fault call near the end of her U.S. Open semifinal loss in September — didn't hurt her standing in the eyes of the voters.

"People realize that I'm a great player, and one moment doesn't define a person's career," Williams told the AP. "And I was right, for the most part: It wasn't right the way I reacted — I never said it was — but I was right about the call."


Serena Williams also earned the AP honour in 2002.

Williams, who is based in Florida, also won the AP award in 2002, a seven-year gap that is the longest between AP Female Athlete of the Year honours since golf's Patty Berg won in 1943 and 1955.

"I'm just happy and blessed to even be playing seven years later." Williams said. "In 2002, I just was really dominant, and ... I just brought that back.

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Travel Jan 12/ac + taxes & fees $57

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Travel Mar 9 - Mar 16/dl + taxes & fees $115

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Travel Mar 9 - Mar 16/aa + taxes & fees $112

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Travel Mar 9 - Mar 23/ua + taxes & fees $415

Jamaica $365
Travel Mar 26 - Apr 3/wg + taxes & fees $266

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Departs Jan 21/vat/5g.

Punta Cana 7 Nights 4-Star $669
VIK Hotel Arena Blanca + taxes & fees $310
Departs Jan 11/nol/c6.

Cancun 7 Nights 4-Star $697
Oasis Palm Beach + taxes & fees $262
Departs Jan 10/sqv/5g.

Cancun 7 Nights 4.5-Star $785*
Great Parnassus Resort and Spa + taxes & fees $290
Departs Jan 8/swg/wg.

Bahamas 5 Nights 4-Star $899
Breezes Bahamas + taxes & fees $128
Departs Feb 6/wsv/ws.

Vacations

Orlando Air + 7 Nights $279◊
Radisson Resort Orlando + taxes & fees $119
INCLUDES accom near *Walt Disney World* Resort.
Departs Feb 2/ggv/ac.

Quebec City Ice Hotel + 2 Nights $299
Ice Hotel & Lowes Le Concorde taxes and fees included
INCLUDES 1-night Ice Hotel accom and 2 nights Quebec City accom. Departs Jan Jan 6, 13, 20/ggv.
ADD 3-day car rental for $56 per day.

Walt Disney World
Air + 7 Nights $379◊
Disney's Pop Century + taxes & fees $119
Departs Feb 2/ggv/ac. Bonus $300USD *Walt Disney World* Resort gift card included. ADD 7-day *Magic Your Way* Base Ticket for $225 per child.

New York City
Air + 3 Nights + Transfers $639*
Wellington Hotel + taxes & fees $95
Departs Thursdays in Jan/ggv/aa. ADD New York sightseeing tour for $69.

Honolulu Air + 7 Nigjhts $1049
Ohana Waikiki West + taxes & fees $110
Various departures in Jan/ggv/aa. ADD lei greeting and roundtrip airport transfers for $37.

Hawai'i Island Combo
Air + 7 Nights $1229
Ohana Waikiki West & Outrigger Royal Kahana + taxes & fees $110
INCLUDES all air, 4 nights Honolulu accom and 3 nights Maui accom. Various departures in Jan/ggv/aa/ha.

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During the holidays
For more health and beauty news during the holidays, visit metronews.ca. METRO NEWS SERVICES

Health & Beauty

Time to look after yourself

Find everything you need unwind after the hectic holidays

JANINE FALCON
for Metro Canada

So you asked for a professional flat iron and he got you... an iron. Well, fixing that gift-blunder yourself is what Boxing Day is for, especially when it comes to stocking up on beauty treats.

"We've noticed that men go straight for the electronics department, and while they're checking out big-screen TVs and Wii units, the women head for the beauty department," says Wayne Peterson, divisional vice president of cosmetics and fragrance for Sears Canada, about post-Dec. 25 shopping.

"Women have spent the holidays looking after everyone else; this is the time they needs to look after themselves."

Understandably, bath sets and spa collections in particular are big attractions. But it's not all about what didn't sell before the holidays — enticements include travel and trial-size sets from brands such as Shiseido, Estée Lauder and Clinique, brought in specially for the Boxing-Day shopping stretch into early January.

"Informally, we call this time for women 'All About Me,'" says Peterson.

"Our sales advisors keep that in mind as they help customers find everything they need to pamper themselves."

Haircare and styling tools are also hot commodities, and should be even more so in Sears' new-concept beauty departments at Square One in Mississauga, Ont., and Maple-view Centre in Burlington, Ont.

In place of traditional beauty counters are spacious aisles and open shelving, as well as compact demo stations where customers can sit for a cosmetics application or learn how to augment hairstyles with Ken Paves Hairdo extensions.

According to Rhonda Sorenson, beauty boutique manager at The Ritz location of Shoppers Drug Mart in downtown Vancouver, fragrance, hair and bath-and-body products are a huge draw at drugstores on Dec. 26.

"Customers also come looking for anything Quo Holiday, and for the skincare and haircare value sets that come out just before the 25th," Sorensen says.

Just as in the department stores, watch for special sampler kits from Biotherm, Lise Watier and Elizabeth Arden, for instance, which are worth significantly more than the purchase price.

"Occasionally, prestige fragrance companies will offer limited-edition 30-mL bottle sizes for under $25," she adds.

But don't expect many festive gift sets to wait around until the big sales. "Makeup collections like the Lancôme Juicy Tubes Holiday Set of eight glosses — those go before Christmas," confirms Sorensen.

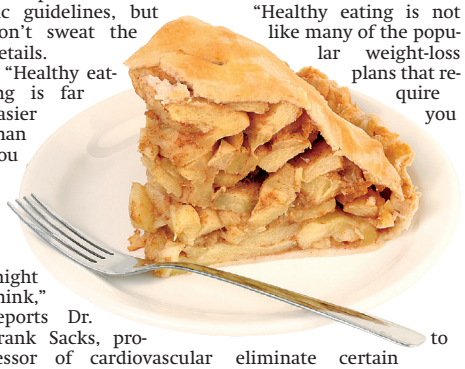
"But you might find other pre-holiday sets from then that are further discounted."

And if you're in a forgiving mood, you'll clean up on men's skincare starter kits, too.

How to eat healthy over the holidays

CELIA MILNE
for Metro Canada

As the holiday season heats up, there's no need to get stressed about what you can and can't eat. Keep it simple, follow some basic guidelines, but don't sweat the details.



"Healthy eating is far easier than you might think," reports Dr. Frank Sacks, professor of cardiovascular disease prevention in the Nutrition Department at the Harvard School of Public Health in Boston, Mass. In Harvard's booklet Healthy Eating, Sacks and colleagues outline the best ways to maintain your weight and fend off heart disease, hypertension, osteoporosis and some forms of cancer.

"Are there foods you should never eat?" they ask. "Not really. No matter how laden with saturated or trans fats, how devoid of nutrients or how high its glycemic load, there's no food you can't eat occasionally." In the spirit of the season, if you crave candy cane ice cream, a pastry at the office party, or chips from the buffet, that's OK every now and then, but make sure to choose healthier snacks at home.

"Healthy eating is not like many of the popular weight-loss plans that require you to eliminate certain foods entirely," report the authors. While you don't have to be perfect, there are some "baddies" you should eat only rarely. On the Harvard list of foods to keep to a minimum: red meat, high-fat dairy foods, sugary treats such as candy, drinks with added sugar, donuts and pastries such as cookies, pies, and high-fat muffins.

Balancing this out are foods that definitely get the green light: fruits and vegetables, nuts, fish, poultry, eggs and low-fat dairy products. As much as possible, go for whole grain breads and pastas instead of white, brown rice instead of white, and less-processed grains such as steel-cut oats. Oil can be healthy, if you use plant oils such as olive, sunflower, canola and other vegetable oils.

Here's to happy, healthy eating.

During the holidays
For more health and beauty news during the holidays, visit metronews.ca. METRO NEWS SERVICES

Health & Beauty

EDITOR: JENNIFER.PRITTIE@METRONEWS.CA

Resolve to improve your love life in 2010

This is the time of year when we start thinking about doing things differently next year. But why limit your resolutions to the classics, like quitting smoking or going to the gym? Make 2010 the year you do things differently when it comes to love!

Single?

Work on yourself before getting involved with someone new. Yes, a new relationship can be a great way to get over someone until you realize the new person you thought "was nothing like that last" is suddenly exactly like the last one and the one thing they both share in common is you!

Trust your instincts. He didn't call when he said he would … again. She says she's totally over her ex so I'm sure those daily phone calls from him don't mean anything. It's easy to overlook bad behaviour when you're falling for someone and desperately want things to work out but by trusting your gut early on, you'll save yourself the tearful, angry, "In hindsight, I should have seen the signs" conversations with your friends when the person eventually breaks your heart.

Be more flexible about your type. Opening yourself up to a wider variety of people not only makes you, well, open to a wider variety of people, you may also find it breaks you out of the habit of falling into the same relationship patterns with the same personality types. Resolutions are all about breaking habits, right?

In a relationship?

"Speak up about your sexual needs, desires, and frustrations."

Listen. Stop worrying about being right and really listen to what your partner is saying. Imagine there is a bouncing ball (like in the cartoons) over your partner's words. Then follow the ball, to ensure you're really focusing on what he or she is saying.

Speak up! About your sexual needs, desires, and frustrations (in a loving and kind way, of course). Encourage your partner to do the same. Start a weekly sexual revelation ritual: You show me one thing you like or don't like and I'll show you mine.

Indulge your partner. Do something that they're into more than you are (either in bed or out). Not only does indulging your partner make them feel special and loved, you may surprise yourself and discover things you never knew you'd get into. And bonus, your partner will be more likely to indulge you right back.

Remember: Quality over quantity. Stop reading all those surveys that make you think everyone else is having way more sex than you are. Who cares if the Joneses are doing it seven times a week and twice on Sunday?

One, they're probably lying; and two, it's like looking at models in a fashion magazine: You'll never feel adequate. Are you two happy with your frequency? The quality?

If you're not, talk about it and figure something out. If you are, I don't care how often you're doing it and neither should you. Here's to better loving in 2010!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

In 2010, stop worrying about being right and really listen to what your partner is saying.

Customer Appreciation Day
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Ultimate's Bluetooth-enabled FM transmitter lets you broadcast your telephone conversations and audio media through your vehicle's audio system using a built in FM transmitter. Available at Future Shop for $119.99. METRO NEWS SERVICES

Shopping

Get geeked on tech toys

RAFAEL BRUSILOW
for Metro Canada

Boxing Day is a great time to pick up those cool tidbits of gadget heaven that you already have in mind. Here are a few goodies to consider during the inevitable shopping rush:

UNDER $100:

Bodyguard Cinema iPhone Case - $34.99

The iPhone certainly isn't known for being one of the sturdiest contraptions, meaning some sort of protective case is necessary if you're at all clumsy. Belkin's Bodyguard Cinema takes away the need to find something to prop up your iPhone every time you want to sit back and enjoy a video because it has a kickstand built right into the body of the case.

Logitech Anywhere MX Mouse - $89.99

For the truly bohemian computer user, the Anywhere MX Mouse is a wireless, laser mouse that literally works anywhere, on any surface even including glass, that long-time nemesis of laser mice.

UNDER $200:

DJ Hero for Nintendo Wii - $129.99

DJ Hero is a ton of fun and really adds a fresh twist to the music-timing game genre by recreating the feel of being a real DJ in a way that doesn't feel egregiously out of whack with reality.

Gigabit Powerline HD adapter - $149 - $179

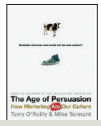
If you want to stream HD video from your computer the he Gigabit Powerline HD adapter wins big points for being extremely simple. The system uses two small adapters that plug directly into wall sockets with one connecting to your Internet router and the other into devices like computers, TVs and gaming consoles. The latest firmware updates, which strengthen the signal when broadcasting between rooms.

BIG TICKET BUY:

Sony Bravia VE5 Eco Series 40-inch LCD HDTV - $1,999.99

The Bravia line is a best-seller for Sony and for good reason — the TVs have bright, crisp colours and excellent picture quality.

Metro's book picks of the year

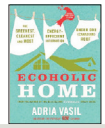


The Age of Persuasion: **How Marketing Ate Our Culture**

Author: Terry O'Reilly & Mike Tennant
Publisher: Knopf Canada
Price: $34.95 (Hardcover)

Penned by the creators of the CBC Radio program The Age of Persuasion, the book of the same title explores advertising in an attempt to demystify the medium and explain the strategies various forms employ to capture our attention.

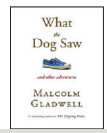
The authors explore branding, jingles, celebrity endorsements, YouTube's relationship with marketing and many other phenomena since advertising's early days, deconstructing the implanted motivations and quashing misconceptions, like the belief advertisers intentionally make irritating spots to stay memorable. Splashed with sidebars explaining advertising terms and key moments in marketing history, The Age of Persuasion will turn you from ad target to active engager.



Ecoholic **Home**

Author: Adria Vasil
Publisher: Vintage Canada
Price:$24.95 (Paperback)

Whether choosing a cleaning product, fixing a broken window or buying new appliances, gauging the greenest household applications can be a challenge given the research and variety of resources available. In Ecoholic Home, Adria Vasil centralizes her ecosmarts, based on her column Ecoholic for Toronto alternative weekly Now Magazine. The book expands upon Vasil's regular doses of green living tips, from the kitchen, through the garden, to the garage. Part product guide, part practice handbook, Ecoholic Home provides both do-it-yourself and store-bought solutions to wastefulness and environmental harm while promoting individual health. Using accessible language and an organized layout, Vasil's guide is a useful companion for every eco-conscious consumer.



What the Dog **Saw**

Author: Malcolm Gladwell
Publisher: Little, Brown
Price: $34.99 (Hardcover)

Following the success of his first three books The Tipping Point, Blink and Outliers, Canadian essayist and New Yorker regular Malcolm Gladwell compiles some of his finest published pieces in What the Dog Saw.

The collection includes the lesser-known histories of figures like kitchen gadget guru Ron Popeil and John Rock, creator of the pill.

It also includes Gladwell's varied investigations, from the singularity of ketchup to the overall failings of statistical prognosis.

While not always rooted in traditional scientific reasoning, Gladwell's novel methods of bridging two seemingly unrelated ideas and exploring the fantastic sides of the familiar are entertainingly written in his always refreshing, studied approach.

Eating **Animals**

Author: Jonathan Safran Foer
Publisher: Little, Brown & Company
Price: $31.99 (Hardcover)

From the author of Everything is Illuminated comes a memoir-cum-investigation into food habits, motivated by Jonathan Safran Foer's contemplation about which diet he should raise his son on.

The book follows Foer both into an industrial turkey farm where the animals are being reared in disturbing conditions and a humane one, where he realizes animals need not suffer in the pre-slaughter.

Though his conclusion is ill defined, it reflects the multifaceted natures of arguments for and against eating meat. Foer fuses first-hand experience with his personal history, philosophy, popular truth and myth, and scientific research in this engaging, motivating inquiry into the ethics of omnivorism.

BRIAN COULTON/
FOR METRO CANADA

Book Picks Of The Year

Shift your automobile gifts into high gear

MARK ATKINSON
for Metro Canada

CARS A car fanatic in your family? Or a gearhead yourself? Here are some great automotive accessory ideas.

Compustar 1-Way Remote Starter

A full-featured Remote Start system keeps your vehicle warm during the winter and provides convenience for you and your passengers. Available at Future Shop for $149.99.

Martini Racing Sweat Jacket

This Porsche Design men's jacket features deep side pockets and the iconic Porsche logo embroidered on the back. $194 at your local Porsche dealer.

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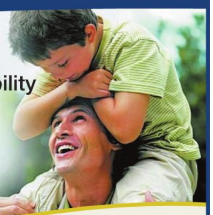

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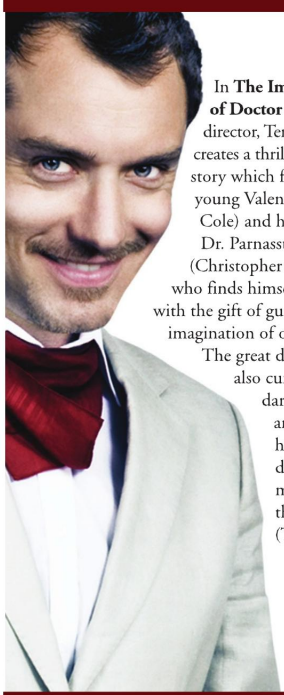
The Imaginarium of Doctor Parnassus

Actors **Depp**, **Law** and **Farrell** Ensure **Ledger's** Final Performance Be Shared



In **The Imaginarium of Doctor Parnassus** director, Terry Gilliam creates a thrilling, fantasy story which follows young Valentina (Lily Cole) and her father Dr. Parnassus (Christopher Plummer) who finds himself blessed with the gift of guiding the imagination of others. The great doctor is also cursed with a dark secret and a haunting deal he made with the devil (Tom Waits).

The film is a mystifying exploration with an award-winning cast, Heath Ledger, Johnny Depp, Colin Farrell and Jude Law starring as the enigmatic 'Tony' in this captivating story in a race against time.

Production on film **THE IMAGINARIUM OF DOCTOR PARNASSUS** was halted by the sudden passing of lead actor, Heath Ledger. "And so the three heroes, Johnny Depp, Colin Farrell and Jude Law came to Vancouver to play these various aspects of Tony, the character which Heath Ledger began. Their willingness to help rescue the film and Heath's last performance was an incredible act of generosity and love. A beautiful and rare moment in our industry and, as a result of their involvement, the film is even more special: it's more surprising; it's become funnier. All in all, it's a bit more magical," affectionately exclaims Gilliam.

For the first time, the actors **Johnny Depp**, **Jude Law** and **Colin Farrell** speak out about the film, their admiration for director, Terry Gilliam and actor, **Heath Ledger**.

Johnny Depp remembers *"… Heath is a marvel, Christopher Plummer beyond anything he's ever done, Waits as the Devil is a God, Lily Cole and Andrew Garfield, the very foundation, are spectacular, Verne Troyer simply kicks ass and as for my other cohorts, Colin Farrell and Jude Law, they most certainly did Master Ledger very proud, I salute them. .. Though the circumstances of my involvement are extremely heart-rending and unbelievably sad, I feel privileged to have been asked aboard to stand in on behalf of dear Heath."*

"… To help finish his final piece of work was a tribute I felt compelled to make. To help Terry finish his film was an honour paid to a man I adore…" recalls **Jude Law**.

"… one of cinemas finest actors and most generous of men. It will be this sense of love amidst the sadness I will remember most. Such a gift and an honor, from Heath, to be a part of the trail that he left behind. RIP Heath Ledger x." **Colin Farrell**.

Ledger will be forever immortalized on the silver screen.

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Decade of the foodie

Want an easy way to sum up how Americans ate during the first 10 years of the new century? Three words should do it.

Sushi at 7-Eleven.

For this was the decade of the gourmeting of America, an era when cola wars and burger battles made way for artisanal sodas and grass-fed beef, when coffee went from a cup of joe to a double shot-half-caff-soy-latte, ethnic was de rigueur and local became the new global.

It was a fine time to be a foodie.

Not that everything exactly whet the appetite. Contaminated produce and soaring food prices turned our stomachs. And we lost some of the luminaries and institutions — Julia Child and Gourmet magazine — that had worked so diligently to brighten our meals.

More than ever before, issues long treated as the mushy peas on the collective American dinner plate — organics, local and sustainable agriculture, animal welfare — were getting sirloin-style treatment, sometimes in the least likely of places.

Walmart embraced organics — a $21-billion US industry, up from $3.6 billion in 1997 — a decision that broadened access but that critics feared would dilute the industry's standards. And the home of the Egg McMuffin said it would study how to raise chickens without cramped cages.

Meanwhile, books and movies that tore into big industry food and would have been relegated to the granola set a decade earlier – Morgan Spurlock's 2004 film Super Size Me and Michael Pollan's 2006 tome The Omnivore's Dilemma — pervaded the popular consciousness.

Eating became a political act. Whether prompted by concerns about the quality of school lunches, climate change or worker conditions in the Third World, more Americans started to vote with their stomachs.

Perhaps you ordered some bok choy and tomatillo seeds, because mainstream American food got seriously ethnic. It's partly because we are an increasingly ethnic nation. But it's also thanks to the growing ranks of young, adventurous eaters.

Sushi? Sorry, 7-Eleven, that's so '90s.

Would you like some bok choy with that?

Ottawa

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Get $2 off the price of an Ottawa 67's ticket when you show your OC Transpo pass or game day transfer or DayPass.

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Cours à temps partiel pour adultes

Démarrez l'année en prenant de bonnes résolutions…
Offrez-vous le savoir, un cadeau pour la vie !

ADMINISTRATION / GESTION

Certificats :
- Adjoint administratif*
- Administration des affaires – gestion
- Commis de bureau*
- Commis de bureau – milieu de la santé
- Comptabilité
- Gestion d'événements*
- Gestion de projets*
- Gestion des ressources humaines
- Supervision

Diplôme :
- Études militaires

Cours de perfectionnement professionnel :
- Cours préparatoire : Fonds d'investissements au Canada
- WSIB – Niveau I

CONSTRUCTION ET MÉCANIQUE

Certificat :
- Inspection en bâtiments résidentiels

Autres cours :
- Accréditation Ozone
- Technicien en gaz – partie B

FORMATION LINGUISTIQUE

Certificats :
- Compétence linguistique en français langue seconde (French Language Proficiency)
- Perfectionnement de la langue française

Autres cours :
- Anglais langue seconde
- Immersion en anglais langue seconde (Explore)
- Espagnol
- Italien
- Japonais
- Mandarin
- Révision de la grammaire française
- Techniques de communication
- Techniques rédactionnelles et administratives
- French immersion (Explore)
- French Language Training
- French for the Workplace

INFORMATIQUE / DESIGN / MULTIMÉDIA

Certificats :
- Logiciels de design graphique (Photoshop, InDesign, Illustrator, Flash)
- Webmestre – programmation (offert entièrement à distance)
- Webmestre – multimédia (offert entièrement à distance)

Postdiplôme :
- Webmestre (offert entièrement à distance)

Autres cours :
- Initiation à l'informatique
- Initiation à l'informatique pour les 50 ans et plus – **NOUVEAU !**
- Logiciels d'applications (Word, Excel, PowerPoint – version 2007)
- Méthode, vitesse et précision du doigté
- MS Project – **NOUVEAU !**
- Excel – niveau débutant
- Powerpoint – niveau débutant
- Word – niveau débutant

MÉDIAS

Certificat postdiplôme :
- Postproduction télévisuelle

SANTÉ / MIEUX-ÊTRE

Attestations:
- Formation d'appoint en soins infirmiers
- Soins spécialisés (coronariens, respiratoire, monitorage hémodynamique)
- Soins spécialisés pour les pieds

Certificats :
- Aide en alimentation
- Commis de bureau – milieu de la santé
- Stérilisation d'instruments médicaux

Certificat postdiplôme :
- Soins palliatifs multidisciplinaires

Autres cours :
- Atelier de perfectionnement en soins de pieds spécialisés – **NOUVEAU !**
- Secourisme général RCR – niveau C
- Réaccréditation RCR – niveau C
- Cours avancé de réanimation cardiorespiratoire (ACLS) – **NOUVEAU !**
- Premiers répondants – **NOUVEAU !**

SERVICES COMMUNAUTAIRES

Certificat postdiplôme :
- Autisme et sciences du comportement (offert entièrement à distance)

Diplôme :
- Éducation en services à l'enfance (offert entièrement à distance)

TOURISME ET HÔTELLERIE

Attestations :
- Boulangerie et pâtisserie
- Services de boisson

Certificats :
- Gestion d'événements*
- Sommelier

POUR LE PLAISIR D'APPRENDRE !

Cours d'intérêt général
- Ateliers de cuisine
- Ateliers dégustation de bières et de vins
- Initiation à la massothérapie – **NOUVEAU !**
- Initiation à l'informatique pour les 50 ans et plus – **NOUVEAU !**
- L'art de monter une cave à vin – **NOUVEAU !**
- Langues pour le voyage (espagnol, italien, japonais et mandarin)
- Motocyclette

PROGRAMMES OFFERTS À DISTANCE

Vous avez des contraintes d'horaire ou de déplacement ? Voici les programmes à temps partiel offerts à distance :
- Autisme et sciences du comportement (certificat postdiplôme)
- Éducation en services à l'enfance (diplôme)
- Études militaires (diplôme)
- Gestion des ressources humaines (certificat)
- Perfectionnement de la langue française (certificat)
- Soins palliatifs (certificat)
- Supervision (certificat)
- Webmestre (certificat postdiplôme)
- Webmestre – programmation (certificat)
- Webmestre – multimédia (certificat)

Ainsi que plusieurs cours à la carte dans les domaines suivants : administration, informatique, langues et santé.

* Ces certificats d'un an, sont offerts à temps partiel, en mode accéléré ! Inscrivez-vous dès maintenant pour faire partie des nouvelles cohortes qui débutent en janvier.

Consultez le guide sur le web : www.lacitecollegiale.com ou appelez-nous 613 742-2483 ou sans frais 1 800 267-2483

Éducation permanente
La Cité collégiale
801, promenade de l'Aviation
Ottawa (Ontario) K1K 4R3

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Le Collège des meilleures pratiques

EP-09-011a

During the holidays
For more movie and entertainment news during the holidays, visit metronews.ca/entertainment. METRO NEWS SERVICES

Movies

EDITOR: KUMAR.SAHA@METRONEWS.CA

Heading to the after-Christmas sales? Nab a few favourite films

KEITH CARMAN
for Metro Canada

Movies: Necessary stress reduction after particularly frantic Christmas responsibilities (and an imposing New Year's Day hangover) or other occasions when a time-killer is of the essence.

Boxing Day: Great for getting those timeless flicks you'll watch enough to think you can actually wear out a DVD.

Why not unite the two? Here are some new and old DVDs you should consider buying while you're out bargain hunting today

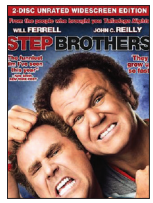
They are perfect for keeping you entertained during stay-cations, rainy weekends, sick days or any other times of the year when you may need to keep your couch from floating away.

HOLIDAY

A CHRISTMAS STORY — The tale of a boy and his desired gift, a BB gun that "will shoot your eye out, kid" is reminiscent of at least one festive mishap we've all had.

COMEDY

FERRIS BUELLER'S DAY OFF — Who hasn't lived through Bueller vicariously? This is the ultimate goof off movie for days when going to work makes us feel like Sisyphus pushing that boulder up hill all over again.



STEP BROTHERS — Even grown-ups need a no-brainer movie occasionally. Mission accomplished as two 40 year-olds act like rude toddlers. Dumb fun not suitable for, well, some adults, to be honest.

ACTION/DRAMA

ANGELS & DEMONS — The prequel to author Dan Brown's The DaVinci Code is another church-meets-state thriller starring who-could-hate-him Tom Hanks and made renegade-style by who-could-hate-him director Ron Howard. Who could hate it?

HORROR

DEAD SNOW — Innovating on the greats (Evil Dead, Dead Alive), this indie flick-turned-global success finds teens fighting Nazi zombies in a Norwegian cabin. As hilarious as it is gory.

FAMILY

UP — The name Pixar (Cars, Monsters Inc.) proves this film merits watching. It's a heart-warming tale involving talking dogs, flying houses and life lessons capable of jerking tears from grumbly dads like this one.

TELEVISION

PUSHING DAISIES, SEASON ONE — A baker able to bring the dead back to life for one minute — longer if someone else dies in their place — resuscitates his childhood love. Insanity ensues and yes, it gets weirder. Comedy? Yup. Drama? Certainly. Indelibly interesting? Hot damn!

LOW ON PRICE
HIGH ON FEATURES.

LT model shown with team Canada Edition Package††

HWY: 5.4L/100KM – 52 MPG
CITY: 8.0L/100KM – 35 MPG[Δ]

DARE TO COMPARE

	2010 CHEVROLET COBALT LT AUTO	2010 HYUNDAI ELANTRA L SEDAN	2010 HONDA CIVIC DX SEDAN
CASH PURCHASE PRICE	$15,995	$15,849***	$15,990***
AUTOMATIC TRANSMISSION	Standard	Optional	Optional
HEAD CURTAIN SIDE IMPACT AIRBAGS	Standard	Not Available	Standard
AIR CONDITIONING	Standard	Optional	Optional
16" ALUMINUM WHEELS	Standard	15" Steel	15" Steel
REMOTE KEYLESS ENTRY	Standard	Not Available	Not Available
POWER DOOR LOCKS	Standard	Standard	Not Available
HP / TORQUE	155/150	138/136	140/128
POWERTRAIN WARRANTY	5-year/160,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than $3,000 in additional features than Hyundai or Honda**

**Value of additional features based on dealer pricing. Vehicle comparison is based on 2010 Cobalt LT (1AL69/1AL37 1SA + MX0), 2010 Civic DX Sedan (FA1E2AEX) and 2010 Elantra L Sedan (D4T). ***Vehicle specification and purchase price (including freight) according to the information available on the manufacturer's website at time of printing.

2010 CHEVROLET COBALT XFE

$13,645* CASH PURCHASE PRICE

NEW $83‡ AT 4.09%
BI-WEEKLY/84 MONTHS • $500 DOWN PAYMENT
FRIEGHT & TAXES NOT INCLUDED

INCLUDES $1,850 CASH CREDIT♦
INCLUDES $1,000 HOLIDAY BONUS**

OR STEP UP TO THE 2010 COBALT LT

$15,995* CASH PURCHASE PRICE

NEW $98‡ AT 4.09%
BI-WEEKLY/84 MONTHS • $500 DOWN PAYMENT
FRIEGHT & TAXES NOT INCLUDED

INCLUDES $3,350 CASH CREDIT♦
INCLUDES $1,000 HOLIDAY BONUS**

★★★★★ FIVE-STAR SAFETY RATING◊

HWY: 5.7L/100KM – 50 MPG
CITY: 7.9L/100KM – 36 MPG[Δ]

2009 CHEVROLET AVEO LS

$10,995* CASH PURCHASE PRICE

NEW $66‡ AT 4.09%
BI-WEEKLY/84 MONTHS • $500 DOWN PAYMENT
FRIEGHT & TAXES NOT INCLUDED

INCLUDES $2,850 CASH CREDIT♦
INCLUDES $1,000 HOLIDAY BONUS**

OR ASK ABOUT 0% PURCHASE FINANCING FOR 36 MONTHS‡‡

60 DAY SATISFACTION GUARANTEE▼

NEW TOY NEW JOY EVENT

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5 YEARS / 160,000 KM* (WHICHEVER COMES FIRST, EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.)
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• ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION

Redeem your GM Card earnings today.†

STUDENT BONUS CASH — GM pays the first 2 monthly payments*

CHEVROLET

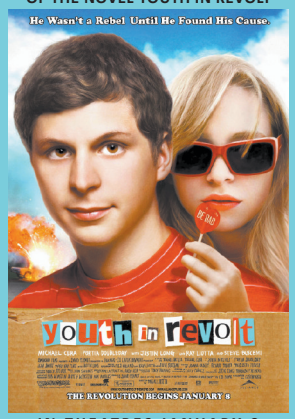
For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$850/$2,350/$1,850 manufacturer to dealer delivery credit for 2010 Cobalt XFE/2010 Cobalt LT/2009 Aveo LS reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet, Pontiac Buick GMC, Cadillac and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the cash purchase of 2010 Chevrolet (Cobalt XFE Coupe or Sedan R7C/Cobalt LT Coupe or Sedan R7C) and 2009 Chevrolet Aveo Sedan LS 1SM. Freight ($1,350/$1,350/$1,325), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ‡Financing on approved GMAC credit only. 4.09% purchase financing for 84 months available on 2010 Chevrolet (Cobalt XFE Coupe or Sedan R7C/Cobalt LT Coupe or Sedan R7C) and 2009 Chevrolet Aveo Sedan LS 1SM. Example: $10,000 at 4.09% for 84 months, the monthly payment is $137.10. Cost of borrowing is $1,516.40. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Freight and taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $15,995 for 2010 Chevrolet Aveo Sedan LS 1SM. Example: $15,995 at 4.09% for 84 months, the bi-weekly payment is $83. Cost of borrowing is $2,436.80. Down payment and/or trade may be required. Bi-weekly payments based on a purchase price of $10,995 for 2009 Chevrolet Aveo Sedan LS 1SM. Example: $10,995 at 4.09% for 84 months, the bi-weekly payment is $66. Cost of borrowing is $1,675.20. Down payment and/or trade may be required. Offers may not apply to fleet customers. Offers may not be combined with other offers. See your dealer for complete details. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. ΔBased on 2009 Natural Resources Canada Fuel Consumption Guide. 2010 ratings based on GM Testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2009 Chevrolet Aveo received a 5-star Rating for the driver and front passenger in the Frontal Crash Test. †† Chevrolet Cobalt LT Team Canada Edition, MSRP $19,525. ▽GMCL will pay the first two months' GMAC finance payments for finance terms up to 60 months only, paid up to a maximum monthly finance payment of $400 (tax included). Offer applicable to equal monthly payment finance agreements with GMAC and subject to GMAC credit approval. License, insurance, registration and administration fees not included and may be payable upon signing. Program not available to recipients of any previous GM student graduate offer. Visit gmstudentbonus.ca for more details. †Subject to Vehicle Redemption Allowances. Visit thegmcard.ca for more details including terms and conditions that apply to The GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation. Used under license. TD logo is a trade-mark of The Toronto-Dominion Bank. ▼Return to between 30-60 days with less than 1,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details.

During the holidays
For more movie and entertainment news during the holidays, visit metronews.ca/entertainment. METRO NEWS SERVICES

Movies

EDITOR: KUMAR.SAHA@METRONEWS.CA

YOU COULD
WIN
A PAIR OF ADVANCE SCREENING PASSES TO SEE YOUTH IN REVOLT
YOU COULD ALSO WIN 1 OF 10 COPIES OF THE NOVEL YOUTH IN REVOLT



IN THEATRES JANUARY 8
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ALLIANCE RANDOM HOUSE metro

No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes January 5th 2010 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.

Boxing Day at the movies

Movies and Boxing Day go together like turkey and stuffing.

While everyone is returning unwanted Christmas gifts or fighting bargain hunters at the mall it's the perfect time to relax and catch up on flicks you missed in the hectic ramp-up to the holidays.

The multiplexes are jammed with new movies at this time of year. Go see Disney's first hand drawn fairy tale in twenty years, The Princess and the Frog, for the beautiful animation Stay for the great songs and first ever African-American princess.

Also kid friendly is Alvin and the Chipmunks: The Squeakquel, which sees the three furry singing stars find some competition from The Chipettes, an all girl chipmunk group lead by (the voice of) Drew Barrymore.

If singing rodents aren't your thing how about an all singing, all dancing movie from the usually oh-so-serious Daniel Day Lewis?

The Oscar winner stars in Nine, a musical about a film director juggling relationships with his wife, mistress, muse, agent and mother all while wearing cool Italian suits.

If twisty-turny relationships turn your crank but an overdose of Christmas carols has put you off music for the week, you may find some yuks in watching Steve Martin and Alec Baldwin fight over Meryl Streep in the comedy It's Complicated or the soon-to-be-divorced couple Hugh Grant and Sarah Jessica Parker enter the witness-protection program in Did You Hear About the Morgans?.

Nine, starring Penelope Cruz, above, makes for musical fun.

If you have time on your hands — or simply want a break from Christmas house guests — James Cameron's two-and-a-half-hour sci fi epic Avatar is the longest movie in current release.

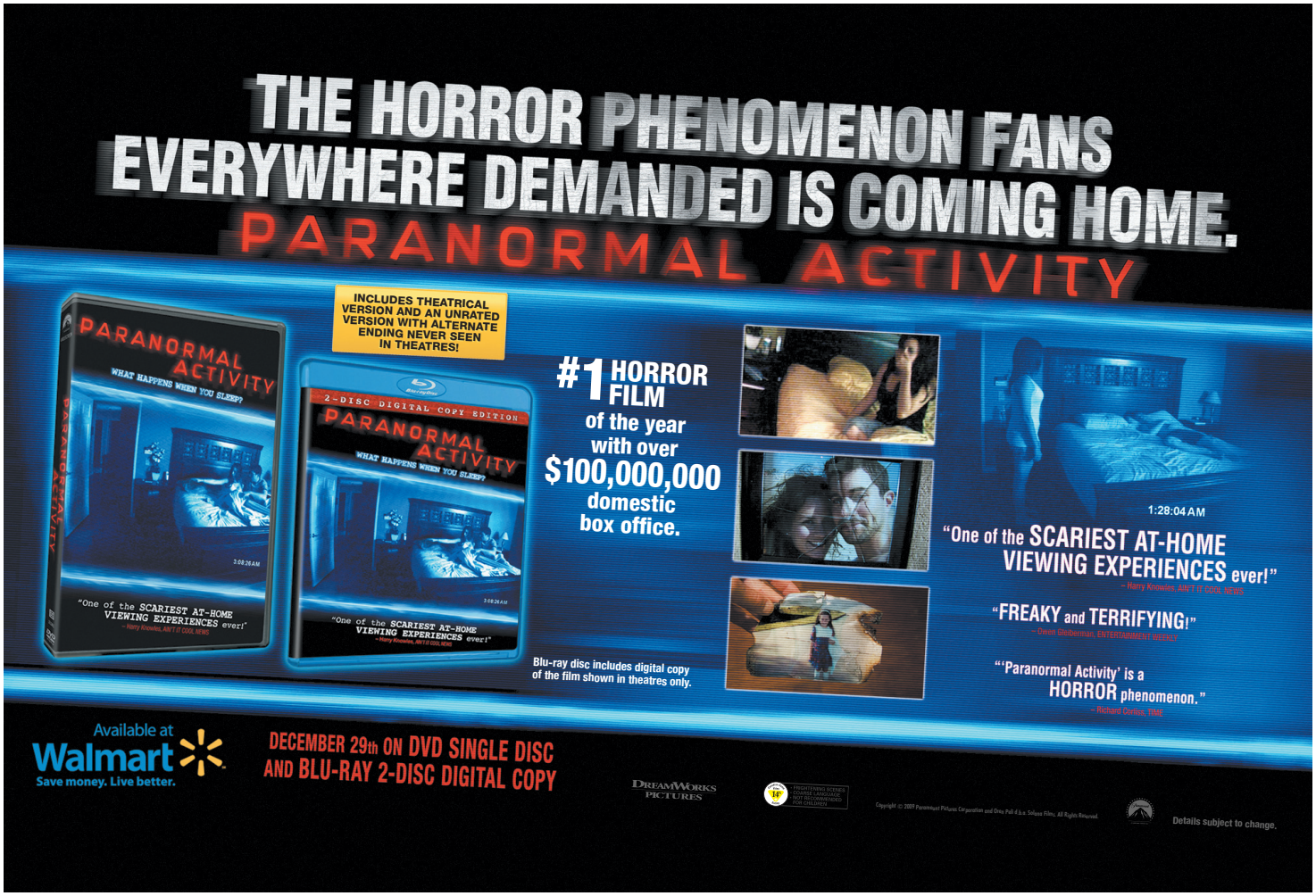
Can't make the trip to the theatre? There's something on DVD or Blu-ray for everyone. For the kids there's Harry Potter and the Half-Blood Prince and G-Force.

Once the tots have gone to bed and grandma has had an extra sherry or two check out Trailer Park Boys: Countdown to Liquor Day or The Hangover for some adult entertainment.

For the lovelorn, (500) Days of Summer should confirm that love can be fleeting, and for the romantics, Julie & Julia should verify that food always tastes better with someone you love.

Whether staying home or going out, there are plenty of options to help while away a lazy Boxing Day.

Richard Crouse's Movie Show can be seen every Sunday at 6:30 p.m. on the E! Channel; mrchaos33@hotmail.com.



MORE GO. LESS DOUGH.

SE model shown with Podium Edition Package††

COMPARE, AND YOU WILL KNOW

	2010 PONTIAC G5 SE AUTO	2010 HYUNDAI ELANTRA L SEDAN	2010 HONDA CIVIC DX SEDAN
CASH PURCHASE PRICE	$15,648	$15,849***	$15,990***
AUTOMATIC TRANSMISSION	Standard	Optional	Optional
HEAD CURTAIN SIDE IMPACT AIRBAGS	Standard	Not Available	Standard
AIR CONDITIONING	Standard	Optional	Optional
16" ALUMINUM WHEELS	Standard	15" Steel	15" Steel
REMOTE KEYLESS ENTRY	Standard	Not Available	Not Available
POWER DOOR LOCKS	Standard	Standard	Not Available
HP / TORQUE	155/150	138/150	140/128
POWERTRAIN WARRANTY	5-year/160,000 km	5-year/100,000 km	5-year/100,000 km

WITH More than $3,000 in additional features than Hyundai or Honda**

**Value of additional features based on dealer pricing. Vehicle comparison is based on 2010 G5 SE (2AL69/2AL37 1SA + MX0), 2010 Civic DX Sedan (FA1E2AEX) and 2010 Elantra L Sedan (D4T). ***Vehicle specification and purchase price according to the information available on the manufacturer's website at time of printing. Note: Purchase Price based on MSRP less CDA & Holiday Bonus (Freight Out).

2010 PONTIAC G5 SE

$15,648* CASH PURCHASE PRICE

INCLUDES $4,350 CASH CREDIT♦

NEW $99‡ AT 4.09%

BI-WEEKLY/84 MONTHS • $0 DOWN PAYMENT
FREIGHT & TAXES NOT INCLUDED

Offer Includes $1,000 Holiday Bonus. ♦♦

DOWN	BI-WEEKLY
$0	$99
$1,000	$93
$3,000	$80

HWY: 5.9L/100 km (48 mpg)
CITY: 8.7L/100 km (32 mpg)Δ

Coupe or Sedan

INCLUDES • 155 HP 2.2L ECOTEC® VVT Engine • **Automatic Transmission • Air Conditioning • Power Windows, Door Locks and Mirrors** • 60/40 Split-Folding Rear Seatbacks • Driver and Front-passenger Frontal Air Bags • Head Curtain Side-impact Air Bags • Auxiliary Audio Input Jack • Remote Keyless Entry System • 16-in. Wheels • 4-wheel ABS

2009 PONTIAC G3 WAVE SE

$13,778* CASH PURCHASE PRICE

INCLUDES $3,975 CASH CREDIT♦

NEW $87‡ AT 4.09%

BI-WEEKLY/84 MONTHS • $0 DOWN PAYMENT
FREIGHT & TAXES NOT INCLUDED

Offer Includes $1,000 Holiday Bonus. ♦♦

DOWN	BI-WEEKLY
$0	$87
$1,000	$81
$3,000	$68

HWY: 5.8L/100 km (49 mpg)
CITY: 8.2L/100 km (34 mpg)Δ

INCLUDES • **Automatic Transmission • Air Conditioning • Power Windows and Door Locks** • Power Sunroof • Remote Keyless Entry System • Cruise Control • OnStar® with 1-year of the Safe & Sound Plan¥

FIVE-STAR SAFETY RATING◆

2010 PONTIAC VIBE

$17,648* CASH PURCHASE PRICE

INCLUDES $2,350 CASH CREDIT♦

NEW $112‡ AT 4.09%

BI-WEEKLY/84 MONTHS • $0 DOWN PAYMENT
FREIGHT & TAXES NOT INCLUDED

Offer Includes $1,000 Holiday Bonus. ♦♦

DOWN	BI-WEEKLY
$0	$112
$1,000	$105
$3,000	$93

HWY: 6.2L/100 km (46 mpg)
CITY: 7.8L/100 km (36 mpg)Δ

INCLUDES • 132 HP 1.8L 4-cyl. VVTi Engine • **StabiliTrak® Electronic Stability Control System • Air Conditioning with Clean Air Filter • Power Windows, Door Locks and Mirrors** • 60/40 Split-Folding Rear Seatbacks • Driver and Front-passenger Frontal Air Bags • Head Curtain Side-impact Air Bags • Auxiliary Audio Input Jack • Remote Keyless Entry System • Cruise Control • 4-wheel Disc Brakes with ABS and Brake Assist • OnStar® with 1-year of the Safe & Sound Plan¥

HOLIDAY GIFT

OR ASK ABOUT 0% PURCHASE FINANCING FOR 36 MONTHS‡‡

PONTIAC BUICK GMC

GM Canada

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160,000 KM^ • ROADSIDE ASSISTANCE
• COURTESY TRANSPORTATION
^WHICHEVER COMES FIRST. EXCLUDES MEDIUM-DUTY TRUCKS. SEE DEALER FOR LIMITED WARRANTY DETAILS.

Redeem your GM Card earnings today†

STUDENT BONUS.ca GM pays the first 2 monthly payments*

OnStar®

BUYPONTIAC.CA

For the latest information, visit us at pontiac.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE. ♦$3,350/$1,350/$2,975 manufacturer to dealer delivery credit available on 2010 G5 SE/2010 Vibe/2009 G3 Wave SE reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the cash purchase of 2010 Pontiac G5 SE Coupe or Sedan R7C/Vibe FWD R7A) and 2009 Pontiac G3 Wave SE 1SN. Freight ($1,350/$1,325/$1,325), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ‡Financing on approved GMAC credit only. 4.09% purchase financing for 84 months available on 2010 Pontiac G5 SE Coupe or Sedan R7C/Vibe FWD R7A) and 2009 Pontiac G3 Wave SE 1SN. Example: $10,000 at 4.09% for 84 months, the monthly payment is $137.10. Cost of borrowing is $1,516.40. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Freight and taxes are not included for bi-weekly payment. Bi-weekly payments based on a purchase price of $15,648/$13,778/$17,648. Total obligation is $16,164.80/$14,230.32/$18,227.68. Cost of borrowing is $516.80/$452.32/$579.68. ‡‡Financing for 36 months available on 2010 Pontiac G5 SE Coupe or Sedan R7C/Vibe FWD R7A) and 2009 Pontiac G3 Wave SE 1SN. Example: $10,000 at 0% for 36 months, the monthly payment is $277.78. Cost of borrowing is $0. Total obligation is $10,000. ▲Max. 20 miles per gallon city/30 miles per gallon highway/24 miles per gallon combined (5-speed manual transmission) and 22 miles per gallon city/30 miles per gallon highway/25 miles per gallon combined (automatic transmission) 2009 Pontiac G3 Wave SE 1SN. Based on Natural Resources Canada Fuel Consumption Guide. 2010 models. Your actual fuel consumption may vary. Excludes other GM models. ΔBased on 2009 Natural Resources Canada Fuel Consumption Guide. 2010 models. Your actual fuel consumption may vary. Excludes other GM models. ◆5-star rating in the Frontal Crash Test and 4-star rating in the Side Crash Test for the driver and front passenger in the Frontal Crash Test ◆◆Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. ^

During the holidays
For more music and entertainment news during the holidays, visit metronews.ca/entertainment. METRO NEWS SERVICES

Music

Most unforgettable moments

From MJ's sudden death to Aerosmith's end, music went big in 2009

KEITH CARMAN
for Metro Canada

As yet another year draws to a close, it's time to reflect. What a phenomenally exciting 12 months we've had: an endless stream of musical highlights, surprises, letdowns and meltdowns. Sifting through enough juicy gossip to fill a novel, here are a few of music's more unforgettable moments in 2009.

Michael Jackson's death was one of the most surprising moments in the music world in 2009.

Highlights

Elton John and Billy Joel's first tour together in 15 years was as sweet as the piano greats' tunes of the past four decades. Fantastic, it was second only to a powerful live return from Irish rockers U2 on their 360 Degrees Tour. Massive and gripping, it re-established them on North American soil after their last stint, 1999's disappointing PopMart Tour.

On the borderline-comeback level, Beyoncé Knowles narrowly escaped losing her place as top female pop artist with the video for Single Ladies (Put A Ring On It).

The footage reinvigorated her career after latest studio album I Am...

Surprises

While it was a shock to see pop singer Lady Gaga appear out of nowhere to become one of the year's top-selling artists (like, multi-million status), two greater jaw-droppers indelibly altered the landscape of music this year.

A potential highlight, R&B sensation Whitney Houston finally got her act together after years of drug abuse and mistreatment by husband Bobby Brown. Hearing her incredibly bad full-length I Look To You and the effect such addictions on her live voice was a sad shocker.

Still, love him or hate him, nothing astonished more than hearing Michael Jackson, the self-proclaimed King Of Pop, was pronounced dead at the age of 50 in June. As expected, an onslaught of queries, accusations and disturbing merchandise—cologne made from his DNA—have followed.

Letdowns

Metal heads had hopes dashed as reports of a tour featuring the genre's biggest acts Metallica, Megadeth, Slayer and Anthrax were denied. Even more disturbing though, was this year's penchant for Auto-Tune, a studio device that corrects improper pitch for singers.

Meltdowns

Knowles was inadvertently part of 2009's most ridiculous meltdown thanks to hip hopper Kanye West.

He rudely interrupted teen idol Taylor Swift's acceptance speech for Best Female Video at the MTV Music Video Awards by grabbing the microphone to declare Beyoncé was unfairly beaten.

Tough guy West should have saved it for pop singer Rihanna's boyfriend, R&B artist Chris Brown. He was charged with physical abuse.

Lest we forget, rockers haven't been left out of the fray. Multi-million selling act Aerosmith were engaged with some rather public in-fighting, leaving singer Steven Tyler to officially announce his departure from the band on the eve of their 40th anniversary.

Here's hoping 2010 will offer up even greater highs, fewer lows and an endless stream of surprises.

Predictions for the year ahead in music

CAM LINDSAY
for Metro Canada

As 2009 winds down, my trusty crystal ball shows the forecast for 2010 to be a pretty big year in music.

Drake

Predictions for breakthroughs are always tough to call, but one name that already saw some significant penetration in 2009 was homegrown singing MC Drake. While his So Far Gone mixtape established him as more than just a former Degrassi star, friendships with Jay-Z, Kanye and Lil Wayne and an alleged fling with Rihanna will help his debut album Thank Me Later (due March) become one of 2010's biggest releases.

Avril Lavigne

Some other safe bets include Ke$ha, whose Tik Tok will ride out 2009 on top of the charts. On Jan. 5, the L.A.-born electro pop singer will release her debut album Animal.

Dr. Dre

And English pop star Cheryl Cole is looking to conquer North America the way her group Girls Aloud couldn't. Reports say she'll tour with the Black Eyed Peas, whose will.i.am co-produced her UK chart-topping album 3 Words.

Debut albums you may not hear on the radio but that will keep the blogosphere vehement are Brooklyn's beach pop pretty-boys The Drums and hip-pop noise crew Sleigh Bells, Britain's buoyant songstress Ellie Goulding and grime rapper Chipmunk, and the buzzsaw bubblegum of Los Angeles' Dum Dum Girls.

Plenty of established acts are also primed for big 2010 releases.

Expect comebacks by famous train-wrecks Amy Winehouse and Courtney Love (as Hole), as well as elaborate albums by alternative giants like Red Hot Chili Peppers, MGMT, Interpol, My Chemical Romance and Smashing Pumpkins, who will give away the 44-track Teargarden By Kaleidoscope for free.

Hipsters can take solace in records by LCD Soundsystem, Liars, Final Fantasy, Hot Chip and Vampire Weekend, teens will get fanatical about the return of Avril Lavigne and the first albums by Nick Jonas & The Administration and Gossip Girl star Leighton Meester, and hip-hop fans will get another Relapse from Eminem, long-awaited efforts from Diddy and Dr. Dre, and of course, yet another posthumous 2Pac album.

If you like your music live, there will be plenty of tours hitting Canadian soil. U2, Bon Jovi, Black Eyed Peas, Mötley Crüe, Taylor Swift, Nickelback, Guns N' Roses and Megadeth with Slayer will all fill arenas.

On a smaller scale, Alice In Chains, Magnetic Fields, Pavement, Tegan & Sara, Wilco, and Hot Chip with The xx will keep clubs sweaty and beyond capacity. Like I said, a pretty big year alright.

Christmas is over, kick off the party with these tunes

CAM LINDSAY
for Metro Canada

Christmas Day may have come and gone, but there are probably a few more engagements on your social calendar between now and New Year's. And if you happen to be hosting, you may be wondering what music to play. Here are five albums recommended for five occasions that everyone is sure to enjoy.

1. The House Party To End All House Parties.

To reach this lofty goal, you need something perpetually driven, where the energy never dies. Try For Lack Of A Better Name (Ultra) by Deadmaus. Their high-octane tech house isn't concerned with anything but keeping those feet moving.

2. The Dinner Party.

Try the colourful Malawian sounds of The Very Best's Warm Heart of Africa (Green Owl). Its feel-good vibes will have you dancing around the table à la Beetlejuice.

3. The Romantic Night In.

Mood music can mean everything, so why not get it right with I And Love And You (American/Sony) by The Avett Brothers. These roots-rock folkies know how to melt a heart .

4. Just Warming Up.

In need of something to get you in a party mood? The the first two songs of Phoenix's Wolfgang Amadeus Phoenix will kick things off right.

5. An Evening of Rock Band or Guitar Hero.

Try Ida Maria's Fortress 'Round My Heart (Mercury/Universal). Okay, so it might not be on either game, but they might just inspire you to start playing a real instrument in 2010.

Appy New Year!

Don't have an iPhone or iPod touch?
No problem, visit **m.metronews.ca** for news on the move.

Metro

Available on the App Store

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JOHNNY DEPP
COLIN FARRELL
JUDE LAW
FESTIVAL DE CANNES
OFFICIAL SELECTION
A FILM BY TERRY GILLIAM
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No purchase necessary. Enter daily for more chances to win. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes December 27, 2009 at 11:59pm. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.
E1 ENTERTAINMENT

During the holidays
For more music and entertainment news during the holidays, visit metronews.ca/entertainment. METRO NEWS SERVICES

Music

The presents you didn't get

SoundCheck

Call today Black Saturday. Armed with the Christmas cash found under the tree, many millions of Canadians will lose their minds today in a shopping frenzy as they rush out to purchase all the stuff they really wanted for the holidays. Sure, we could save this money —hey, the RRSP deadline is just over two months away — but what's the fun in that? Here are some suggestions:

A Good CD Box Set: Virtually any song ever recorded is just a mouse click away, but you can't download the kind of goodness that you get in a carefully-compiled box set.

If your budget affords it, it's almost always better to go with the deluxe edition. Recommendations: AC/DC's Backtracks (Standard: $40, deluxe: $200); the recent Beatles re-releases (Go with the In Mono set over the stereo collection for the packaging alone. It's worth the $350 or so); and the Pixies Minotaur, which, at two feet tall, is one of the most ambitious — and expensive — rock boxes ever produced ($500 and up. Way up).

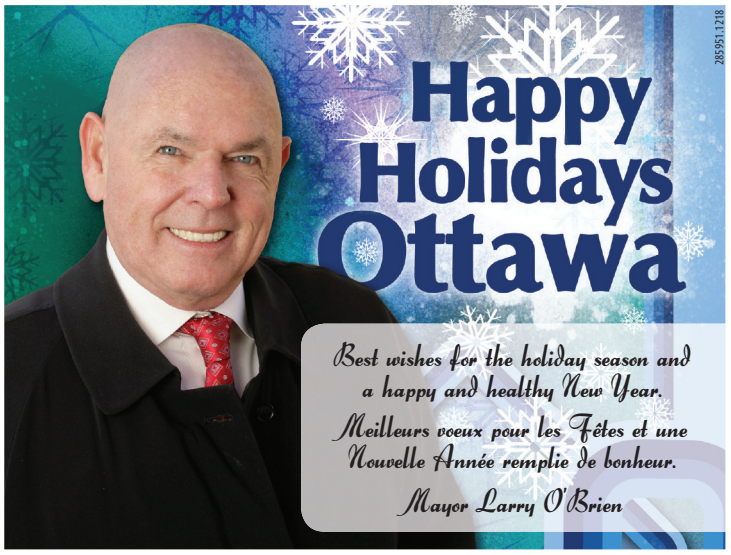
A New Deluxe Edition Re-release of an Old Album: If box set is on the dear side, why not opt for an expanded and enhanced version of an older record? Recommendations: The Legacy edition of Pearl Jam's Ten (same remix/remaster but without all the extra pieces in the other versions: about $20), U2's Limited Edition Box Set of The Unforgettable Fire (a decent value at about $50).

Far left: AC/DC's Backtracks deluxe edition. Left: Pearl Jam's Ten (Deluxe edition).

A Turntable: This is what I'm shopping for today. I need a replacement for my venerable Akai belt-drive, which has served me well since the '70s. Turntables were an endangered species for a while, but with vinyl making such a comeback, they've risen from the dead. Recommendations: A USB turntable like the ION Profile that can help you turn those old records into MP3s ($90 and up); a Technics SL-1200 series machine, the DJ's favourite and rumoured to be going out of production in 2010. ($700 and up. Make sure you shop around).

Rock Band/Guitar Hero/Band Hero: Competition between games and platforms means that being a virtual rock star remains very affordable. Recommendations: The Beatles edition of Rock Band brought this kind of entertainment to a whole new level. (Prices vary, but I've seen the Rock Band Special Value edition — which includes the Beatles game — selling for about $100).

The Ongoing History Of New Music can be heard on stations across Canada. Read more at ongoinghistory.com and exploremusic.com



During the holidays
For more celebrity news and entertainment gossip during the holidays, visit metronews.ca/entertainment. METRO NEWS SERVICES

Celebrity Buzz

2009: The year of celebrity deaths

Year in Review

BRIAN COULTON
for Metro Canada

Headliners in life and death, the many stars who died this past year were a sure hit to the Hollywood community.

While some were shrouded in controversy, and others premature accidents, their deaths permeated international media, marking one last moment in the limelight.

Here, Metro looks back at the names-in-lights that flickered out in 2009.

MICHAEL JACKSON

When rumors began to circulate on June 25 that Michael Jackson went into cardiac arrest at his home, the whole world speculated whether the King of Pop was hanging up his crown for good.

It would only be hours before the 50-year-old pop star's death was confirmed, an event that graced the front pages of newspapers everywhere and brought the Internet to a crawl.

Autopsies concluded homicide prompted by a deadly drug combination caused Jackson's death, a final puzzling piece in the troubled artist's life.

FARRAH FAWCETT

Surely the year's darkest day for the celebrity world, June 25 also saw the death of actress and sex symbol Farrah Fawcett at 62.

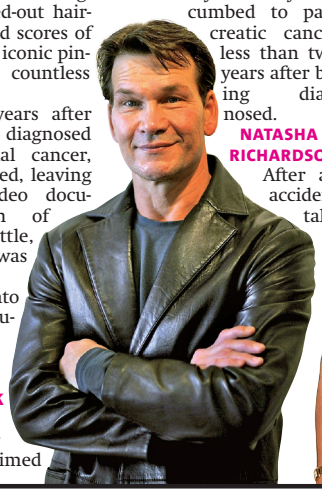
Despite coming to fame as one of the original Charlie's Angels and winning several Golden Globes and Emmy awards, her cultural influence extended well beyond acting. Fawcett's flipped-out hairstyle inspired scores of women; her iconic pin-up poster, countless men.

Three years after being diagnosed with anal cancer, Fawcett died, leaving behind video documentation of her battle, which was later turned into the documentary Farrah's Story.

PATRICK SWAYZE

Cancer also claimed celebrated actor Patrick Swayze on Sept. 14, about one month after his 57th birthday. Swayze chassé his way into the spotlight with his role as a dance instructor in the 1987 film Dirty Dancing, which inspired a stage musical, reality TV show and video game.

His co-starring role in the 1990 film Ghost earned him respect as a serious actor, which influenced his future stage and screen roles. Swayze finally succumbed to pancreatic cancer less than two years after being diagnosed.



NATASHA RICHARDSON

After an accidental fall and resulting head injury during a skiing lesson at a Mont Tremblant, Que., resort, English actress Natasha Richardson died on March 14 at 45. Daughter of famed actress Vanessa Redgrave and British new wave auteur Tony Richardson, and wife of actor Liam Neeson, Richardson was a respected actress in her own right. A performer on stage and screen, she was praised for her roles in Gothic, The Handmaid's Tale, Nell and Widows' Peak.

Notable 2009 celebrity deaths

- Mar. 22 – Jade Goody, 27, reality TV star (cancer)
- April 25 – Bea Arthur, 86, actress (cancer)
- June 3 – David Carradine, 72, actor (autoerotic asphyxiation)
- June 28 – Billy Mays, 50, TV pitchman (heart disease)
- July 17 — Walter Cronkite, 92, broadcaster (cerebral vascular disease)
- Aug. 6 – John Hughes, 59, filmmaker (heart failure)
- Aug. 28 – Adam (DJ AM) Goldstein, 36, disc jockey (accidental drug overdose)
- Sept. 16 – Mary Travers, 70, singer, Peter Paul & Mary (chemotherapy complications)
- Oct. 10 – Stephen Gately, 33, singer, Boyzone (natural causes)
- Dec. 20 — Brittany Murphy, 32, actress (cardiac arrest)

The names we loved to hate this year

STEVE GOW
for Metro Canada

Carrie Prejean. Levi Johnston. Octomom. If these names mean anything to you, chances are you've dragged your eyeballs across the cover of the celebrity tabloids during 2009. It's no reason to feel guilty — who could resist taking an interest in a mischievous headline like "Ashton Reveals Worst Part of Being Married to Demi." Admit it, you'd like to know.

Whether it's the nasty domestic squabble between singers Chris Brown and Rihanna to the extramarital speculation about Tiger Woods, there's been no shortage of outrageous celebrity gossip in 2009.

Jon Gosselin

"Gossip is immortal," said Lainey Lui, reporter on CTV's etalk. "I just think that it's a pastime that, through technology, has become ubiquitous."

She should know. Lui runs the popular website laineygossip.com, which gets upwards of 200,000 unique visitors per week. She insists our celebrity fascination has everything to do with the pervasiveness of the Web: "(The Internet) has brought us closer to celebrities in a way we've never been able to be. It's as though we can't get close enough."

Carrie Prejean

And with that, here are three nutty tabloid tales people loved in 2009:

JON & KATE — Whether it's the split-up reality TV couple's squabbles over cash or Jon's inability to spell, it seemed the Gosselins could make headlines even if Jon just ordered a bagel at Dunkin' Donuts.

Levi Johnston

CARRIE PREJEAN — The former Miss California may not have read "where it says you shouldn't get breast implants" in the Bible, but a lot of people sure read about the discovery of her sex tapes.

LEVI JOHNSTON — The estranged father of Sarah Palin's grandson earned headline status by announcing he was doffing his clothes for Playgirl magazine. Big promise, short on delivery.

No matter which celebrity gossip story was the most outrageous this year, Lui insists there was one subject that was guaranteed to grab attention in 2009: "The Twilight phenomenon," she laughed, pointing to the film franchise's frenzied popularity. "It's gotten to the point where other entertainment outlets will just drop in Robert Pattinson's name … just so they can get the Internet hit."

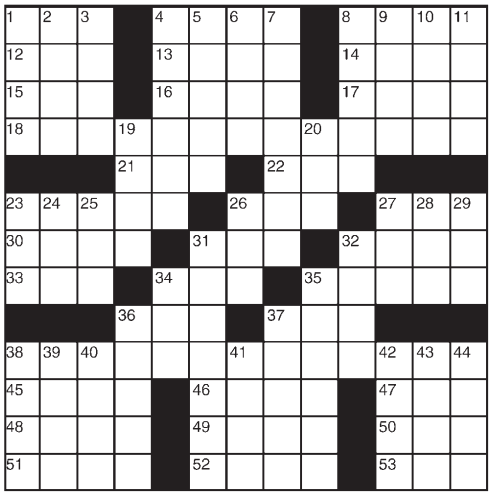
2009 highlights

BIRTHS
- Seal/Heidi Klum – (Lou Sulola Samuel)
- Nicole Ritchie/Joel Madden – (Sparrow James Midnight)
- Matthew Broderick/Sarah Jessica Parker – (Marion Loretta Elwell)
- Charlie Sheen/Brooke Allen – (Bob/Max)
- Ben Affleck/Jennifer Garner – (Seraphina Rose Elizabeth)

MARRIAGES
- Josh Duhamel/Fergie (January)
- Gisele Bundchen/Tom Brady (February)
- David Letterman/Regina Lasko (March)
- Spencer Pratt/Heidi Montag (April) METRO WORLD NEWS

During the holiday
For more games, daily horoscopes and recipes during the holiday season, visit metronews.ca METRO NEWS SERVICES

Take Five



ACROSS

1 Chum
4 Body powder
8 Advantage
12 Actress Thurman
13 Needle case
14 Cozy corner
15 Hoover's org.
16 Word of warning
17 Sand formation
18 Very bright color
21 Prompt
22 Londoner's letter
23 Honey bunch?
26 Lustrous black
27 "See ya"
30 Indiana city
31 Answer to the Sphinx's riddle
32 Disposition
33 Copper head?
34 "— the ramparts ..."
35 Less
36 Lisa Simpson's instrument
37 Skedaddled
38 Youth group that went co-ed in 1975
45 Hodgepodge
46 Annual fashion award
47 A billion years
48 Crazy
49 Largest of the seven
50 Past
51 Option from Howie Mandel
52 — -do-well
53 Morning moisture

DOWN

1 Compact disc?
2 Both (Prefix)
3 Den
4 Liturgical hymn
5 Expiate
6 Breather?
7 Kane, e.g.
8 Over and done with
9 Sullen
10 Vanished
11 Supplemented, with "out"
19 Beige
20 Trawler gear
23 Resort
24 Symbol of intrigue
25 "All the Things You —"
26 Discordance
27 "— voyage!"
28 Thee
29 Mag. staffers
31 Popular foreign cuisine
32 Revealing skirt
34 Lummox
35 Hungarian
36 Reel
37 Tend a stubborn ribbon
38 Freezing
39 Lotion additive
40 Isinglass, e.g.
41 Got up
42 Peruse
43 Theater box
44 Winter forecast

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

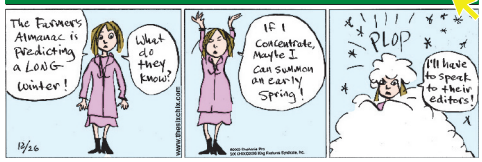
					1		7	
6	1				5	2		
	9		2			4		
	2			4	3		5	
8								6
	7		6	5			2	
		7			9		8	
		2	1				9	3
	4		8					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	1	7	6	4	8	2	5	3
4	6	5	2	3	7	9	1	8
8	3	2	1	5	9	4	6	7
1	7	4	9	8	6	5	3	2
5	8	3	4	2	1	7	9	6
6	2	9	5	7	3	8	4	1
3	5	8	7	1	4	6	2	9
7	4	6	3	9	2	1	8	5
2	9	1	8	6	5	3	7	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Fruity Yogurt with Chocolate Chip and Nut Crunch

INGREDIENTS:
4 chocolate chip shortbread cookies
1/2 cup (125 mL) toasted hazelnuts, chopped
2 tbsp (25 mL) clear honey
2 small bananas, sliced
4 ready-to-eat dried apricots, chopped
2 1/2 cups (600 mL) plain yogurt

METHOD:
1. Put shortbread biscuits in plastic bag and crush coarsely using rolling pin. Tip into bowl and mix with toasted hazelnuts and honey.
2. Mix bananas and apricots into yogurt and divide among four bowls. Top with biscuit, nut and honey mixture. Serve at once.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If someone tries to lay the blame for some kind of failure at your door you must let them know that you reject the accusation that it is all your fault.

TAURUS ♉
APRIL 21-MAY 21
Something you have believed in since you were young will be called into question over the next few days and you may be tempted to abandon it.

GEMINI ♊
MAY 22-JUNE 21
As Mercury, your ruler, turns retrograde this weekend, if you overlook an error, deliberate or otherwise, it could be costly.

CANCER ♋
JUNE 22-JULY 22
If there is something important you need to say to a loved one, say it immediately. It won't be so easy to say it tomorrow.

LEO ♌
JULY 23-AUG 23
Hide your feelings about the people you are working with and get on with a job that can only be completed successfully if you pull together.

VIRGO ♍
AUG 24-SEPT 22
As Mercury, your ruler, turns retrograde today you won't be popular if you cannot deliver. Don't let your enthusiasm carry you away.

LIBRA ♎
SEPT 23-OCT 23
Make it your aim to cheer up someone who is feeling a bit depressed this weekend. Remind them that living is supposed to be fun.

SCORPIO ♏
OCT 24-NOV 22
Get up, get out and start doing the things that will take you from where you are now to where you want to be in the not too distant future.

SAGITTARIUS ♐
NOV 23-DEC 21
You need to make up your mind about an offer and you need to do so quickly. If you put it off any longer the offer may be withdrawn.

CAPRICORN ♑
DEC 22-JAN 20
Mercury turns retrograde in your sign this weekend, so if there is something you need to say then say it now while the words still come easy to you.

AQUARIUS ♒
JAN 21-FEB 18
It may appear to others as if you never have self-doubts but you suffer from indecision as much as anyone and that will be more evident than usual.

PISCES ♓
FEB 19-MARCH 20
Your ideas and opinions are about to undergo a radical change. What you believe now will not be what you believe early in 2010.

CLICK TO THE BEAT.
Get the latest in what's happening on the music scene,
CD Reviews and more...visit metronews.ca/music

This day in history

1776: American Revolutionary War: The British are defeated in the Battle of Trenton.
1862: The largest mass-hanging in U.S. history took place in Mankato, Minnesota, 38 Native Americans die.
1919: Babe Ruth of the Boston Red Sox is sold to the New York Yankees by owner Harry Frazee.
1941: U.S. President Franklin D. Roosevelt signs a bill establishing the fourth Thursday in November as Thanksgiving Day in the United States.
1986: World Population reaches 5 billion according to www.ibiblio.org world population tracker.
METRO NEWS SERVICES

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NEW!

BURLINGTON, Mapleview Mall (905) 681-0999
141 Laurier / Elgin, (613) 231-2555
Rideau Centre, Next to Sears second floor (613) 569-2222
St Laurent Mall, Next to Sport Chek (613) 741-4448
Place d'Orleans, 2nd Floor / Food court (613) 841-9999
Carlingwood Mall, (613) 761-9999
725 Somerset St. W, China Town (613) 236-2222
54 Elgin St / Queen, (613) 235-8888
Hunt Club, Towngate Mall (613) 521-8884
Billings Bridge Plaza, (613) 523-7772

Kanata Centrum Mall, Next to Rogers (613) 599-9599
Barrhaven, Near Walmart (613) 843-1333
Renfrew, 108 Raglan St. S (613) 432-4488
Kemptville, Kemptville Mall (613) 258-2700
Hull, 101-295 St-Joseph Blvd (819) 771-2222
Gatineau, Promenades de l'Outaouais (819) 246-2222
Cornwall Square, 2nd floor / Charms.. (613) 930-2222
Brockville, 358 Stewart Blvd / Swiss Chalet (613) 345-1119
Kingston, Cataragui Centre / 2nd floor The Bay (613) 546-4444
Belleville, Bell Tower Plaza (613) 967-0000
Oakville, 261 Oak Walk Dr near Walmart (905) 257-6991

Mississauga, Mavis & Britannia / Best Buy (905) 568-8899
St. Catharines, Pen Centre / The Bay (905) 988-9797
Marche Central, (514) 384-1117
Centre Eaton, (514) 842-9200
Lasalle, Next to Famous Player (514) 363-4000
Laval, Carrefour Laval (450) 902-1000
Fairview Pointe-Claire, (514) 695-2555
St-Bruno, Promenades St-Bruno (450) 653-5959
Lachenaie, Carrefour Lachenaie (450) 582-7522
Trois-Rivières, Les Rivières (819) 693-8888
Repentigny, Galeries rive Nord (450) 582-8882

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*90 days no payments program applies only to purchase finance offers on new 2009 and 2010 Nissan models (except 2009/2010 Altima Hybrid, GT-R, 350Z Roadster and Coupe and 370Z™ Roadster and Coupe) purchased and delivered before January 4th, 2010. Offers available only through Nissan Canada Finance on approved credit. Offer only available on special low rate contracts, and does not apply to Nissan Canada Finance standard rate programs. May not be combined with cash purchase offer. Monthly payments deferred for 90 days. Contracts will be extended accordingly. Interest charge (if any) will not accrue during the first 60 days of the contract. After the 60 days, interest (if any) starts to accrue and the purchaser will repay the principal and interest (if any) monthly from the 90th day over the term of the contract. Offer available on terms up to 72 months. **No purchase necessary. For full rules and how to enter, visit www.nissan.ca/holidaykickoff. Contest closes January 10, 2010. Three (3) Grand Prizes available to be won, each consisting of a trip for two (2) people to 2010 Pro Bowl and Super Bowl XLIV in South Florida. Approximate retail value of each Grand Prize is $10,000.00 (CDN). Random draw will be held on January 12, 2010 in Mississauga, ON. Must be a resident of Canada (excluding Québec), over age of majority. Odds of winning depend on the total number of eligible entries received. Correct answer to mathematical skill testing question required. Limit of one (1) entry per person/household. (c) 2009 NFL Ventures LP. Team names/logos are trademarks of the teams indicated. All other NFL-related trademarks are trademarks of the National Football League. ‡0% purchase financing for up to 36 months available on 2010 Altima Sedan (excluding Hybrid), Versa Hatch and Sentra models. Finance Example for a 2010 Altima Sedan 2.5 S (T4RG10 AE00): $25,098 MSRP, financed at 0% APR for 36 months equals $558.28 per month with $5,000 down payment or equivalent trade-in. Cost of borrowing is $0 for a total obligation of $25,098. Up to $84 PPSA, $1,400 freight and PDE, license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between December 1st, 2009 and January 4th, 2010. †Lease Examples: $25,098/$14,198/$15,198 MSRP for a new 2010 Altima Sedan 2.5 S (T4RG10 AE00)/2010 Versa Hatch 1.8 S (B5LG50 AA00)/2010 Sentra (C4LG50 AA00) at 2.9%/2.9%/4.9% lease rate for a 48/60/60 month term. Monthly payment is $289/$179/$179 with $3,475/$0/$1,695 down payment, $0/$0/$0 security deposit. Freight and PDE charges ($1,400)/($1,325)/($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $17,371/$10,752/$12,449. Lease and finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Offers valid between December 1st, 2009 and January 4th, 2010. ††MSRP for a new 2010 Altima Sedan 2.5 S (T4RG10 AE00), CVT transmission/2010 Versa Hatch 1.8 S (B5LG50 AA00), manual transmission/2010 Sentra (C4LG50 AA00), manual transmission. Freight and PDE charges ($1,400)/($1,325)/($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may sell for less. ▲Actual mileage may vary with driving conditions - use for comparison only. ▲▲Models shown $31,898 MSRP for a new 2010 Altima Sedan 3.5 SR (T4SG10 AA00), CVT transmission/$17,398 MSRP for a new 2010 Versa Hatch 1.8 SL (B5RG50 AA00), manual transmission/$23,098 MSRP for a new 2010 Sentra 2.0 SL (C4TG10 AA00), CVT transmission. Freight and PDE charges ($1,400)/($1,325)/($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice and cannot be combined with any other offers. Retailer may sell for less. [1]The Nissan Altima received the lowest number of problems per 100 vehicles among midsize cars in the proprietary J.D. Power and Associates 2009 U.S. Initial Quality Study℠. Study based on responses from 80,930 U.S. new-vehicle owners, measuring 245 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2009. Your experiences may vary. Visit jdpower.com. [2]WardsAuto.com's Lower Small segment, January 2009. [3]WardsAuto.com's Lower Small segment, January 2009. 2010 Versa vs. 2009 competitors. [4]The 2010 Versa Hatch is winner of a Consumers Digest Best Buy Award. The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. [5]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested. Please see www.safercar.gov for up to date information. ▪For a limited time receive up to $1,000 Grad discount available on select models when leasing or financing a new 2009 or 2010 Nissan. See retailer for complete Grad program details.